

WHAT SHOULD I DO IF I WAS TOLD I WAS A CLOSE CONTACT TO SOMEONE WITH COVID-19?

The following guidance has been adopted by IDPH for the general public and daycares. Healthcare personnel, schools, and other specific groups and settings should continue to follow their respective guidance.

WHAT IS A CLOSE CONTACT?

A close contact is anyone who had contact with someone with COVID-19 in the last 48 hours and was within 6 feet of them for a cumulative total of 15 minutes or more over a 24-hour period.

IF YOU ARE NOT UP TO DATE WITH VACCINATIONS

- Stay home for 5 days after your last exposure. If possible, stay away from people you live with, especially people who are at higher risk for getting sick from COVID-19
- Continue to wear a mask around others for 5 additional days
- Get tested 5 days after your last exposure if possible

IF YOU ARE UP TO DATE WITH VACCINATIONS

- Wear a mask around others for 10 days after your last exposure
- Get tested 5 days after your last exposure if possible

TESTED POSITIVE FOR COVID-19 IN THE LAST 90 DAYS

- Wear a mask around others for 10 days after your last exposure

*****For the definitions of fully vaccinated and up to date click [here](#).*****

ADDITIONAL CONSIDERATIONS:

If you start experiencing symptoms:

- Get tested immediately
 - Symptoms of COVID-19 may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea
 - If you test positive for COVID-19, please see our infographic '[What should I do if I test Positive for COVID-19?](#)' for further information
- Immediately isolate until a negative test confirms symptoms are not caused by COVID-19

Do not travel during your 5-day quarantine period. After you end quarantine, avoid travel for an additional 5 days

Do not go to places where you are unable to wear a mask and avoid eating around others at home and at work until 10 days after your last exposure

I am a close contact to someone in my household:

- If you cannot avoid continuous exposure to your household member, the date your household member ends isolation is your last exposure date
- If possible, avoid continuous exposure to the household member by:
 - Staying in separate rooms
 - Not sharing bathrooms if possible
 - Wearing a mask when in contact with the household member through their isolation period
 - Frequently cleaning high touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks
 - If possible, 1 member of the household should care for the infected person to limit the number of people in contact with them

For more information, please visit mcdh.info